

Cheesy Broccoli & Rice Squares

Makes: 8 Servings

This kid-friendly side dish, packed with whole grains and low-fat dairy, is perfect for busy weeknights. These squares reheat well as leftovers, an added bonus!

Ingredients

- 1 cup** low fat cheddar cheese (shredded)
- 1 cup** broccoli (chopped)
- 3 cups** brown rice (cooked)
- 1/2 cup** fresh parsley (chopped)
- 1/4 cup** onion (chopped)
- 1/2 teaspoon** salt
- 3** eggs (beaten)
- 1 1/2 cups** evaporated milk
- 1 teaspoon** Worcestershire sauce
- nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F and coat a 9x9-inch baking pan with nonstick cooking spray.
2. In a bowl, combine the brown rice, cheese, onion, broccoli, parsley, and salt.
3. In a separate bowl, combine the eggs, worcestershire sauce, and evaporated milk. Pour over rice mixture. Mix well.
4. Pour into the 9x9-inch baking dish.



Nutrition Information

Nutrients	Amount
Calories	175
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	66 mg
Sodium	327 mg
Total Carbohydrate	24 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	1 mcg
Calcium	227 mg

5. Bake until just firm, about 35 to 40 minutes. Cut into squares to serve.

Recipe adapted from Commodity Supplemental Food Program Cookbook